## Laura F.



Certified Personal Trainer Team Member Since: 2013

## **Education & Certifications**

- Registered Nursing from Saddleback College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine Certified Personal Trainer

## **Hobbies and Achievements**

- Surfing
- Stand Up Paddling
- Running
- Hiking
- Kickboxing



For more info about this trainer, scan this code with your smart phone or visit:

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